



HIP PROBLEM
OTTAWA IS MORE
THAN JUST POLITICS.
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DEVIL?
DID STUDENT
KILL HER
FRIEND? {page 8}



OTTAWA
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Tuesday, September 27, 2011
www.metronews.ca



News worth sharing.

Pipeline protest arrives

JESSICA SMITH/METRO

► Protesters say oilsands development kills environment ► U.S. approval of pipeline a 'no-brainer': Prime minister



JESSICA SMITH
@METRONEWS.CA

More than 100 protesters climbed over a fence police erected on Parliament Hill yesterday and then sat peacefully, waiting to be arrested.

Greenpeace, the Council of Canadians and Indigenous Environmental Network organized the protest against the development of the oilsands and pipelines that carry Canadian oil to the U.S. It was modelled after the Keystone XL pipeline protests outside the White House, and getting arrested was part of the plan from the beginning, organizers said.

Protesters who jumped the fence in front of Centre Block were handcuffed with plastic zip-ties, booked, given a \$65 trespassing ticket, warned to stay off Parliament Hill for a year and then driven off, said George Poitras and Liz Bernstein, who were among the first over the fence.

RCMP Sgt. Marc Menard said more than 100 protesters were arrested for obstructing police, but, ultimately, only given a provincial offence notice for trespassing.

"I'm actually missing the class I teach at the University of Toronto," said Keith Stewart, after he climbed over the fence. "Right now, my students are in class."

Asked why he was willing to be arrested, he said, "I've been writing environmental policy and lobbying politicians for over a decade, and that's not doing anything. And I've got a daughter."

In a news release issued during the demonstration, Natural Resources Minister Joe Oliver defended the oilsands and the Keystone pipeline as "a stable and secure source of energy to the world."

He said the pipeline would create more than 140,000 jobs in Canada in the next 25 years, and generate \$600 billion in economic activity.

WITH FILES FROM THE CANADIAN PRESS



► Keith Stewart, a Greenpeace member who teaches at the University of Toronto, is arrested and cuffed as more protesters sit and wait for their turn to be taken into custody on Parliament Hill yesterday. More coverage and a photo gallery at metronews.ca. To see Immigration Minister Jason Kenney's tweet about the protest and ensuing response, see page 15.

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Cellblocks go high-definition

JOE LOFARO/METRO



► Special Const. Romulus Simon demonstrates proper Temporary Restraining Device (TRD) use on Ottawa Police Services Board chair Eli El-Chantiry yesterday at a public meeting.

► Surveillance equipment at Elgin St. cells cost in excess of \$200K: Police



JOE LOFARO
@METRONEWS.CA

Staff Sgt. Neil Preston unveiled new cellblock surveillance equipment yesterday at the Ottawa Police Services Board meeting in the hopes that it will give the public a "better understanding" of the force's work.

One hundred 720p high-definition cameras, with audio recording, are among recent upgrades at 474 Elgin St., which Preston said was long overdue.

"If people can watch a video and they see something happen, but there's

no audio connected with it, there's room for people to fill in the blanks," said Preston. "So when we put the audio into it, we get to see the prisoner verbalizing."

"I think that goes a long way for the public to understand why we have to use force."

Police also installed a panic strip on the wall outside each cell for emergencies, which activates an alarm as well as audio recording when an officer touches it.

About a dozen special constables attended the public meeting led by board chair Eli El-Chantiry.

Advocates want housing on agenda

An anti-homelessness group wants to make affordable housing an election issue as it anticipates its revenue will plummet under a new federal-provincial funding agreement.

The Alliance to End Homelessness (ATEH) fears Ottawa's allocation of funds under the Affordable Housing Plan will drop from \$15 million per year on average to \$8.4 million because of a new Investment in Affordable Housing agreement. To put the decrease in perspective, the newly opened Cornerstone's Housing for Women on Booth Street alone was a \$10-million in-

vestment.

Yesterday, ATEH released the results of a survey of provincial election candidates' positions on housing policy.

"This is an ongoing concern for us," said Sue Garvey, ATEH executive director, adding Ottawa needs 1,000 new affordable-housing units over the next 10 years to reduce homelessness.

Instead of rating each party's answers, ATEH encourages voters to visit endhomelessnessottawa.ca to draw their own conclusions on where parties stand on homelessness and affordable housing. The NDP, Liberal party, and

Green party candidates in six ridings across the region submitted answers.

ATEH said the Progressive Conservatives refused to answer the questionnaire because they only answer questions relating to their platform during elections. The PCs sent ATEH a letter outlining their platform and offered to arrange a meeting after the election.

"The (PC) platform doesn't include housing as something that they're basing this campaign on, so the voters can call their MPPs directly if that's important to them," said Dan Sabourin, ATEH vice-chair.

● JOE LOFARO

JOE LOFARO/METRO



► Dan Sabourin, ATEH vice-chair, holds the results of a local candidates' questionnaire on affordable housing with executive director Sue Garvey yesterday.

1

news


Fathers may have more than their share of grey hair, but a new study suggests they may also have fewer heart problems. Scan code for the story.

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On the web at metronews.ca



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UNTREATED

TREATED



“People think of Ottawa first and foremost as the national capital,” says Laura Byrne Paquet, a freelance writer and author of *Secret Ottawa*. “When you see Ottawa in the news, it’s always someone in front of Parliament Hill or in front of Sparks Street.”

More often than not, it’s Ottawa as the capital of Canada that wins out over the living, breathing city where Ottawans live. The latter doesn’t carry the same clout, prestige — or tax dollars — as the former.

Kwende Kefentse, a local DJ, thinks we need to take ownership and promote Ottawa’s local identity ourselves. In the media, he says, there is a “popularization of the use of the municipal to represent the federal government. That can be confusing to people outside the city.”

But there is little incentive for citizens to get the word out about the “other Ottawa” while Parliament Hill remains in their backyard.

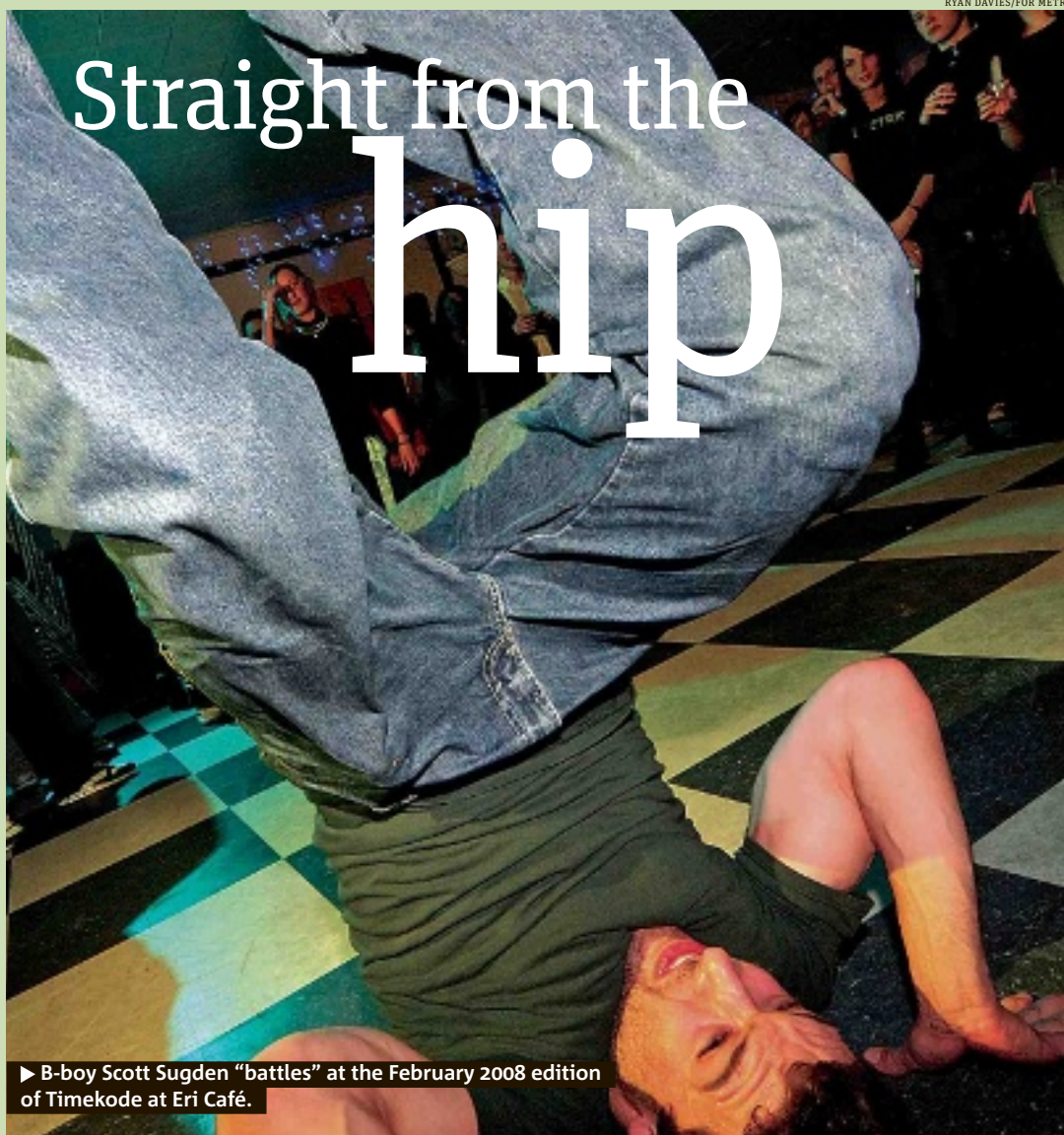
As Venus Envy owner Shelley Taylor puts it, “Ottawa lives on the fact that it’s the capital. Ottawans just assume people will come here.”

There also seems to be a bias against local initiatives in favour of national ones. There is a lot happening in Ottawa that doesn’t get support from the media or organizations such as the Canada Council for the Arts, writer rob mclennan says.

He says the CCA deliberately avoids funding local artists, so it doesn’t risk the appearance of favouritism.

“It feels like we’re being mandated out of existence,” he says. ● AMEN JAFRI

► Everyone knows we’re boring, right? Not so fast, say locals with the keys to hidden Ottawa ► There’s a lot more than Parliament!



Kwende Kefentse

Discovered the underground scene through DJing, hanging out in record shops, hopping on buses to explore the city and cocking an ear to catch snippets of conversation.

Kefentse’s cool spots

- **Grounded Kitchen and Coffeehouse**, 100 Gloucester St.
- **Jean Albert’s Soul Food**, 495 Somerset St. W. (“I’m a chicken-and-waffle

regular.”)

- **Fall Down Gallery**, 288 Bank St. (“A new space down at Bank and Somerset that I hang at from time to time.”)
- **Timecode**: a sweaty dance party in celebration of all things soulful, funky and innovative. It happens on the third Friday of the month at the Eri Café Pan African Social Club, 953 Somerset St. W.

Laura Byrne Paquet

Came to Ottawa in 1983 to attend Carleton University. Found out a lot about the city when she went to work for Capital Publishers.



Byrne Paquet’s cool spots

- **The Buzz restaurant**, 374 Bank St. (“Great food, trendy vibe, but not at all pretentious.”)
- **Collected Works bookshop**, 1242 Wellington St., in Wellington Village. (“Friendly staff, great books.”)
- **The garden on the roof of the Rideau Centre**. (“No one knows it’s there, and it has a great view.”)



rob mclennan

Ottawa-born author of more than 20 books of poetry, fiction and non-fiction. Networks relentlessly, meeting

other writers, organizing book fairs and reading series.

mclennan’s cool spots

- **Carleton Tavern**, 223 Armstrong St. (“Formerly known as the Carleton Ugly Club.”)
- **The Manx**, 370 Elgin St.
- **The Elmdale Tavern**, 1084 Wellington St. W. (“The Dusty Owl poetry-reading series is held here.”)
- **Ottawa International Writers Festival**, writersfestival.org.

Shelley Taylor

Owner of what Capital Xtra once called “the small, feminist, queer-friendly sex shop,” Venus Envy, which recently marked its 10th anniversary on Lisgar.



Taylor’s cool spots

- **La Petite Mort Gallery**, 306 Cumberland St.
- **Raw Sugar Café**, 692 Somerset St. W.
- **Octopus Books**, 116 Third Ave.
- **Galerie SAW Gallery**, 67 Nicholas St.
- **The Moon Room**, 442 Preston St.



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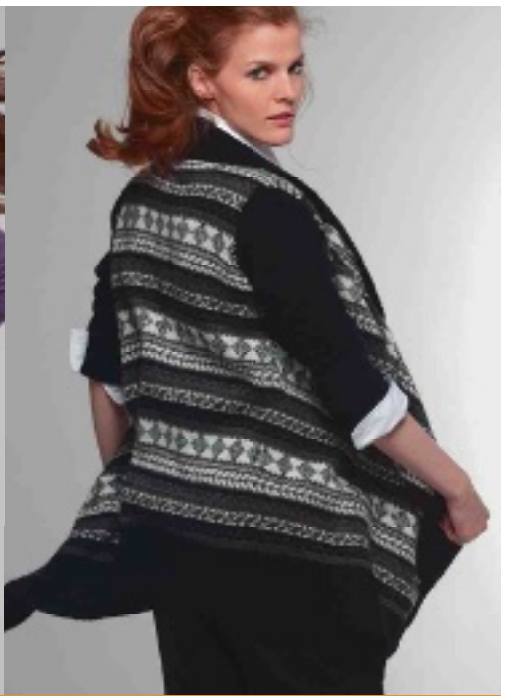
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News in brief

Firefighters battle basement blaze

A family of four has been turned out of their Cahill Drive home by a fire. Officials say the fire started in the basement of their row house end unit. Firefighters encountered extreme heat in the basement upon entry but managed to contain fire there.

A firefighter was assessed and treated on scene by the Ottawa Paramedic Service for heat exposure, but didn't have to go to hospital. Damage to the unit was estimated at \$150,000. ● METRO

Stabbing on Walkley Road

Police are investigating a stabbing that happened

just before 2 a.m. yesterday on Walkley Road near Ayers Road. A 22-year-old man had been stabbed and paramedics treated him at the scene with trauma dressings and intravenous fluids.

He was listed in stable condition on arrival at the Ottawa Hospital Trauma Centre. The injury was not life threatening.

● METRO

Electrician falls through roof

A 44-year-old man fell through a roof at a job site at 360 Maloney Boulevard in Gatineau yesterday. Police received a call about the incident at 1:13 p.m. The man, who had been doing electrical work fell nine feet and suffered head injuries.

He was taken by ambulance to the Gatineau Hospital and authorities are investigating the reason for the incident.

● METRO

Cuddy to release album to 'extraordinary population'

Coming to Ottawa to release solo album Less country than past work



SEAN MCKIBBIN
@METRONEWS.CA

Jim Cuddy's new solo album shows a grittier, more urban side of life than much of his past work and he's coming to this city to release it.

"Ottawa's been a particularly good place for Blue Rodeo and myself, we're very well received there, there's lot's of things to do there," says the Blue Rodeo front man, of the reason why the capital is getting the first visit from his promo tour.

"It's got an extraordinary population that goes out to see music. Just look at the Bluesfest and the number of people that go to that compared to the size of the city." Soulful and at times

CD release

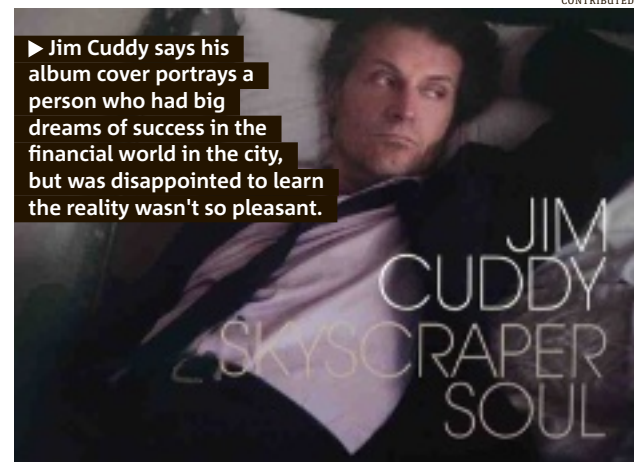
Jim Cuddy's new CD "Skyscraper Soul" hits stores today.

sounding like a rainy day, the album's sound is less rooted in country than Cuddy's past work, but will still be easily recognizable to Cuddy's fans.

He says he had few spots for fiddle and found the trumpet reflected the city feel better. On one stand-out track, Water's Running High, Cuddy's sound goes decidedly up tempo and solidly into blues rock territory.

"I had in mind that I had spent a lot of time in my musical life talking about rural life," says Cuddy. "But

Jim Cuddy says his album cover portrays a person who had big dreams of success in the financial world in the city, but was disappointed to learn the reality wasn't so pleasant.



what I hadn't done was reflected a lot of the inspiration I get from the city and so Skyscraper Soul was meant to be in praise of the city."

While he says cities can be more complicated and

sometimes more disheartening places than the restorative, pastoral landscape of the country, they're also filled with energy, inspiration, and, often unexpected acts of kindness and hope.



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"In addition to the largest selection of pre-owned cars and trucks, we have added 16,000 square feet to our dealership at 1261 St. Joseph Blvd.," said Nader Dormani, owner of Mega Automobile. "We've added 8,000 more square feet to the showroom and about the same to the service area for a total of 40,000 sq-ft."

The renovation plan went ahead with the ultimate goal of making every customer visit, one of total convenience and satisfaction. Mega now has three large showrooms featuring over 40 vehicles indoor in addition to the largest inventory of Used Cars and Truck in the region. "We always have about 800 used cars and Trucks in stock and online at Megaautomobile.com for customers to check out." Says Mr. Dormani. "Now, with the new expansion, we've also increased the number of service bays from 7 to 15 to ensure quick delivery and service turnaround."

Providing customers with a convenient place to shop isn't the only reason why folks should make visiting Mega a priority. Mega offers the largest selection of high quality, economical rides that customers are now demanding. "Our selections of brand name gas sippers include all of the popular models," Nader said. "We've stocked up on such popular pre-owned vehicles as Toyota Echoes, Toyota Corollas, Mazda3s, Nissan Versas, Nissan Sentras, Honda Civics, Chevrolet Aveos and many more, and for customers looking for commercial vehicles and trucks, our new Truck Centre features over 300 high-quality Trucks, Vans and SUVs." Mr. Dormani has also been at the cutting edge of another bright idea. "We've been purchasing pre-owned vehicles in the U.S. for several years now and this means these automobiles are coming here without salt damage at lower prices."

Mega's "no catch, no gimmicks" has caught the imagination of buyers in the region to the point that 50% of buyers are repeat customers and referrals. "There are absolutely no added fees here at Mega," said Nader Dormani. "Each car has a price sticker and that's the price plus taxes and no other fees. That keeps things simple."

Government employees – that includes all levels of government: municipal, provincial, and federal – receive a sweet bonus when they finance their purchase at Mega.

"When a government employee finances his new vehicle with us, we pass the finance company commission of up to \$500 back to the customers. We've given about \$500,000 to government employees through this program during the past year."

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U.S. student called 'she-devil' in Italian court

STEFANO MEDICI/ THE ASSOCIATED PRESS

► Lawyer cites 'explosive mix of drugs, sex and alcohol' in 2007 crime ► Graphic images of the murdered victim shown at hearing

Italian lawyers described Amanda Knox, the American student convicted of killing her British roommate, as a "she-devil" and a "witch" in an appeals court yesterday, while calling her alleged victim a "beautiful girl in the prime of her life."

The court also saw gruesome photos of the seminaked, bloodied body of Meredith Kercher as two lawyers made closing arguments at the appeals trial of Knox and Raffaele Sollecito, her co-defendant and former boyfriend.

Knox and Sollecito were convicted of sexually assaulting and murdering Kercher. Knox was sentenced to 26 years, Sollecito to 25. They deny wrongdoing and have appealed their convictions, which were issued by a lower court in 2009.

Diya "Patrick" Lumumba, the owner of a bar in Perugia, was accused by Knox of being the murder-

Murder in Perugia

► Knox and Sollecito insist they spent the night at his house the night of the murder.

► A verdict in their appeals case is expected by next week. Knox and Sollecito hope to be freed after four years in jail; prosecutors have asked the court to increase both their sentences to life in prison, Italy's stiffest sentence.

er shortly after the 2007 killing. He was briefly jailed and then cleared. Lumumba is a civil plaintiff in the case — in Italy, civil portions of cases are heard at the same time as criminal content.

Knox maintains police pressure led her to accuse Lumumba, a Congolese national in whose bar she occasionally worked.

THE ASSOCIATED PRESS



► Amanda Knox, centre, is escorted to court in Perugia, Italy yesterday. The American student is waiting to see if an appeals court will overturn her conviction in the 2007 murder of her British roommate.

Hunter may have shot web-famous bear

Researchers fear a hunter may have killed a black bear named Hope who became famous when her birth in northeastern Minnesota was broadcast live to a worldwide audience over the Internet.

Lynn Rogers, senior biologist with the North American Bear Center and its affiliated Wildlife Research Institute, said yesterday that Hope was last seen Sept. 14.

Rogers is waiting to hear

from the Department of Natural Resources whether a hunter registered killing a bear matching the description of Hope. He said the local game warden told him he'd need to seek clearance from other DNR officials to release the information.

The centre installed a camera inside Lily's den and thousands of people watched over the Internet as Hope's mother, Lily, gave birth two winters ago.

Hope did not have a ra-

CLINT AUSTIN/ THE ASSOCIATED PRESS



► In this May 2010 file photo, a researcher uses food to lure bear cub Hope out of a cedar tree near Ely, Minn.

dio collar but often roamed with Lily, whose collar showed she visited the hunter's bait station three times — on Sept. 15, 16 and 17.

Rogers said he knows the hunter who maintained the bait station, and knows he would not shoot a radio-collared bear, which is legal but officially discouraged in Minnesota. He said the hunter answered some questions via email but did not say if he shot Hope.

THE ASSOCIATED PRESS

Bear essentials

► Lily's Facebook page has more than 132,000 fans and word of Hope's potential demise has generated hundreds of postings, mostly from opponents of hunting.

► People in 132 counties and students at more than 500 schools have been following the lives of Lily, Hope, and Lily's youngest cub Faith, biologist Lynn Rogers said.

Canadians can breathe easy: WHO

A new study from the World Health Organization suggests the air quality in Canadian cities is among the best urban air in the world.

In the WHO's compila-

tion of 91 countries, only cities in Estonia and Mauritius had cleaner air than Canada. Mongolia registered the highest average pollution levels at 279.

THE CANADIAN PRESS

CBC faces federal scrutiny

The Conservatives are hauling the CBC onto the carpet this fall to explain why it is fighting the access-to-information law in the courts, part of

increased scrutiny of the public broadcaster's spending and practices by the new majority government.

The move comes at the same time the Conservative party surveys its members on whether CBC funding is good value for the taxpayer.

THE CANADIAN PRESS

Woman uses Facebook to report robbery

An American woman has found a unique use for her Facebook account: reporting a robbery.

Police in Chattanooga, Tennessee said 20-year-old Rolanda Hill answered a knock at her door Sunday

night and a man stuck a gun through the open door and forced his way inside.

Hill used her computer to report the crime to her Facebook friends and asked them to call police.

THE ASSOCIATED PRESS

NEW GOVERNMENT

Myanmar protests allowed — for some

Democracy activists freshly tested the new Myanmar government's avowed tolerance for dissent by gathering peacefully yesterday at a central landmark in the country's biggest city in honour of giant protests four years ago.

Four truckloads of riot police and two prison vans stood nearby but police did nothing to interfere with almost 60 activists who held a prayer vigil at Sule pagoda in Yangon. However, police harassed or stopped marchers in other parts of the city.

A nominally civilian but army-backed government that took power earlier this year from a decades-long ruling junta said it will liberalize politics but continues to hold about 2,000 political prisoners. **THE ASSOCIATED PRESS**

Saudi woman dares to drive

A Saudi activist will stand trial for defying the kingdom's ban on female drivers, a lawyer and rights advocates said yesterday, revealing clear limits on how far the conservative Muslim land is willing to go to grant women greater rights.

Just a day earlier, King Abdullah, who is regarded as a reformer by Saudi standards, decreed that women would be allowed for the first time to vote and run as candidates in elections for municipal councils starting in 2015. He also promised to appoint women after two years to the Shura Council, the currently all-male consultative body with no legislative powers.

\$400 The prohibition forces families to hire live-in drivers, and those who cannot afford the \$300 to \$400 a month for a driver must rely on male relatives to drive them to work or school.

Activists in Saudi Arabia and abroad welcomed the changes as a step in the right direction, while urging the kingdom to end all discrimination against women. In Saudi Arabia, no woman can travel, work, marry, divorce or live independently without permission from a male guardian. **THE ASSOCIATED PRESS**

Libya's new leadership to end state security courts

BELA SZANDELSZKY/THE ASSOCIATED PRESS



► Samia Tahir, a U.S. citizen from Illinois who lived in the city of Tawarga, holds her daughter while waiting to be rescued outside Sirte, Libya yesterday.

► Libyans press forward to do away with hated remnants of old regime

Libya's transitional justice minister said yesterday that he has approved a measure to abolish the country's state security prosecution and courts, which sentenced opponents of the old regime to prison.

At a press conference in Tripoli, Mohammed al-Alagi, part of Libya's new leadership after the ouster of Moammar Gadhafi, said he has signed a document to disband the bodies. The step still needs to be approved by the National Transitional Council that now runs the country.

"I am personally very happy to sign an approval to end the state security prosecution and court, and the state security appeals court," al-Alagi told reporters.

He said the document includes a request to abolish a third court for special cases where many opposition members were sentenced to life terms in prisons like Abu Salim in Tripoli, where inmates were massacred by Gadhafi's regime.

The justice minister, asked about his response

Food shortage

Hundreds of civilians fled Moammar Gadhafi's hometown yesterday to escape growing shortages of food and medicine.

- They fear their homes will be struck during fighting between revolutionary forces and regime loyalists.
- Anti-Gadhafi fighters launched their offensive against Sirte nearly two weeks ago, but have faced fierce resistance from loyalists holed up inside the city.

to Scotland's request for evidence and witnesses to aid the investigation into the 1988 Lockerbie bombing, said "the case is closed."

He noted that the only man convicted in the case, former Libyan intelligence officer Abdel Baset al-Megrahi, was freed from a Scottish prison in 2009 on compassionate grounds because of illness. The minister said there's no reason to keep dragging the case into court.

THE ASSOCIATED PRESS

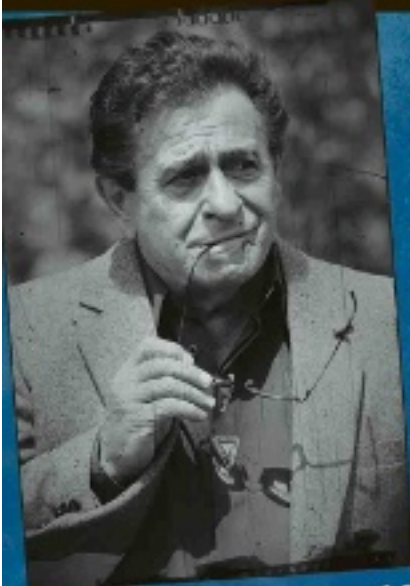
Canada extends stay

Canada was there at the start of the NATO-led mission in Libya and intends to be there when it ends, Defence Minister Peter MacKay said yesterday as the House of Commons deliberated an extension to Canada's

role in the mission.

With a Conservative majority, the debate was largely symbolic. The motion passed easily by a vote of 189 to 98, with Liberals supporting the extension. The New Democrats opposed the measure, saying Canada should remain in Libya but with a different mandate. **THE CANADIAN PRESS**

PROLONGED STRESS LEADS TO MANY LIFE THREATENING ILLNESSES



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Judge throws book at teen who killed dad

A now 19-year-old Winnipeg man has received close to the maximum youth sentence for killing and dismembering his abusive father in 2009.

Judge Janice LeMaistre deducted just eight months for the time he has spent in custody since he turned himself in about a month after the June 2009 slaying, then pleaded guilty to first-degree murder. That means he must serve 64 months in secure custody and another four years of conditional super-

6 The maximum under the Youth Criminal Justice Act is six years in custody.

vision.

His defence lawyer had asked for two years.

LeMaistre noted that since the slaying, the young man's mother and her other children are no longer being terrorized by the man who was killed, but she said the nature of the offence still called for a severe penalty.

THE CANADIAN PRESS

Trial begins in wrestler murder case

Jurors in Winnipeg have begun hearing evidence in a high-profile alleged murder-for-hire case involving a former pro wrestler.

Melody Sanford, 47, Rita

Cushnie, 57, and Donald Richard, 35, have each pleaded not guilty to first-degree murder and conspiracy to commit murder in connection with the September 2007 death of Ivan (John) Radocaj. The 43-year-old died of blunt-force trauma to the head.

● JAMES TURNER IN WINNIPEG

100 protest Taser use

- Many identified themselves as high school students
- Marchers got support from motorists, pedestrians



ANGELA MULLINS
@METRONEWS.CA
METRO CANADA IN LONDON, ONT.

Nearly 100 people took to London, Ont.'s downtown streets yesterday to protest what they called "police brutality" against 17-year-old Jaz Bennett.

Bennett, a Grade 12 student at H.B. Beal Secondary School, said he was shocked by a stun gun as police broke up a fight Thursday near the school. He walked along with the protesters, at times trailing several blocks behind and holding his chest where one of the Taser prongs entered his body.

"I got jumped. I was defending myself," he said about last week's fight, which resulted in assault



► Masha Sultan, 18, a student at H.B. Beal Secondary School in London, Ont., yells at officers yesterday outside the London Police Service headquarters.

with a weapon charges against him. "I felt relieved to see the officers (arrive on scene)."

The roving protest lasted several hours, making its way from Beal high school to police headquarters before heading to the city's downtown core and

then to city hall.

Some tense moments came early on as the crowd stopped in front of the police station. There, three police officers lined the front steps and others stood guard nearby.

Several people were warned that stepping off

Not inside

Not everyone was stirred to action by yesterday's police protest.

- Wesley Demmerling, 17, a Grade 12 student at H.B. Beal Secondary School, thought the group got a little too rowdy at times and lost its focus. He was especially worried after he said someone jumped on a car outside city hall.

the sidewalk and onto the steps constituted trespassing. Many responded by yelling obscenities at the officers as someone on a bullhorn demanded they defend their actions.

The officers stood stone-faced as pig squeals were blasted over a loud speaker and the crowd chanted "Shame on you" and "Stop the police."

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Monks self-immolate

► Young men allegedly called for religious freedom and said 'Long live the Dalai Lama' before they set themselves on fire in China, says Free Tibet

Two Tibetan monks set themselves on fire yesterday in a protest over China's tight rein over Buddhist practices, a rights group said as the Chinese government reiterated it will choose the next Dalai Lama.

The London-based Free Tibet campaign said Lobsang Kalsang and Lobsang Konchok, both be-

lieved to be 18 or 19 years old, self-immolated at the Kirti Monastery in Sichuan province's Aba prefecture.

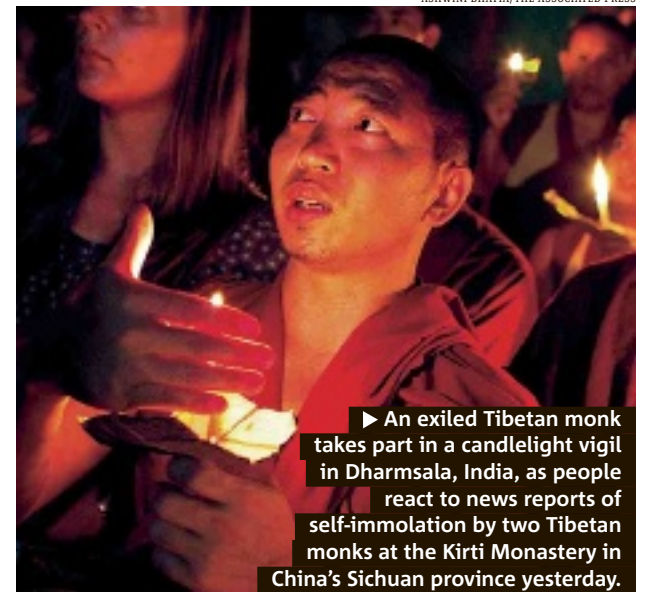
The official Xinhua News Agency said in a brief report that did not identify the monks by name that both were rescued by police, suffered slight burns and were in stable condition.

China has said that religious law requires that the reincarnation of the Dalai Lama be born in a Tibetan area under Chinese control. The Dalai Lama has said his successor could be born in exile and has even floated the idea of choosing his own successor while still alive — perhaps even a woman.

THE ASSOCIATED PRESS

Background

► China reviles the Dalai Lama as a separatist, and wants to pick a pro-Beijing successor. The Dalai Lama insists he is only seeking increased autonomy for Tibet, not independence, and opposes Beijing's involvement in selecting its leaders.



► An exiled Tibetan monk takes part in a candlelight vigil in Dharmasala, India, as people react to news reports of self-immolation by two Tibetan monks at the Kirti Monastery in China's Sichuan province yesterday.



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Dozens killed as India floods rage on

► More rain expected ► Engineers told to cancel holidays to guard embankments from further damage

Monsoon rains destroyed mud huts and flooded wide swaths of northern and eastern India, killing at least 48 people in recent days and leaving hundreds of thousands marooned by raging waters, officials said yesterday.

Those stranded took shelter atop trees, hills and rooftops in the eastern states of Orissa and Bihar and the northern state of Uttar Pradesh. Rescue helicopters dropped food in hard-to-reach areas, while hundreds of boats ferried the stranded to safety.

But the rains, expected to continue for two more days, were holding up rescue efforts, officials said.

All 31 people killed over the weekend in Uttar

Pradesh state died when roofs of their mud houses collapsed, Relief Commissioner K.K. Sinha said.

The state offered compensation of about \$2,200 to victims' families.

"Many of them died in their sleep," said P.K. Upadhyaya, a district magistrate in Jaunpur, where 18 of the deaths occurred. "Heavy rainfall hampered the rescue operation."

Another 17 people were swept away over the weekend by floodwaters in Orissa state, where more than 130,000 have been evacuated from low-lying areas near rivers.

Since the monsoons began in August, more than 70 people have died in Orissa. **THE ASSOCIATED PRESS**

Disaster scene

- In Bihar state, soldiers rescued more than 200 people who were stranded when flood waters from the Sone River entered their village.
- At least 500,000 people have been affected by floods as torrential rains and overflowing rivers inundated central and southern Bihar, said Vyas Ji, a top official.
- At least 12 districts in Bihar were flooded after authorities in neighbouring Uttar Pradesh and Madhya Pradesh states released water from overflowing dams.

► A woman carries her injured son through flood waters at Pahanga village in Orissa's Jajpur district in India. Monsoon rains have collapsed mud huts and flooded wide swaths of north and east India in recent days, leaving hundreds of thousands marooned by high waters.



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BISWARANJAN ROUT/THE ASSOCIATED PRESS

No gold winner in quake experiment

In the ongoing quest to better anticipate future earthquakes, scientists embarked on an ambitious experiment: Identify the likeliest places where magnitude-4.9 quakes or stronger would occur in seismically active California over a five-year period.

Half a dozen teams decided to give it a shot. They developed sophisticated computer models, submitted their best guesses and waited.

The goal was to see whether there was a reliable way to flag a seismic hotspot before the ground shakes.

The exercise — which began in 2006 and wrapped up last December — was not aimed at predicting quakes, which remains elusive. Instead, researchers were asked to pinpoint regions where quakes were more likely to occur based on past seismic history, activity on

Quake questions

► While scientists cannot say with certainty when and where a quake will strike, they have an idea of how they behave. For example, a big quake will produce smaller after-shocks in the same area.

fault lines or other factors.

During the test period, 31 quakes larger than magnitude-4.9 rattled the state.

So how did scientists do?

“No single model takes home all the gold,” said seismologist John Vidale of the University of Washington.

U.S. Geological Survey seismologist Sue Hough agreed. The experiment shows just “how difficult it is to even evaluate rigorously the success of prediction methods,” she said.

THE ASSOCIATED PRESS

Election Day is October 6th 2011.

Polls are open from 9 AM to 9 PM ET / 8 AM to 8 PM CT.

To vote in this election, you must be:

- 18 years of age or older on October 6
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NEW DEAL

Netflix nails rights to DreamWorks

Netflix unveiled a coming attraction yesterday: the Internet video rights to films and television specials from DreamWorks Animation.

The multi-year deal will give Netflix Inc.'s streaming service the exclusive rights to show the latest content from DreamWorks, the studio

behind Shrek, Kung Fu Panda and Madagascar. But the rights don't kick in until 2013.

Complaints could escalate when Netflix loses the streaming rights to Walt Disney Co. movies and other films through a licensing deal it had with Starz Entertainment.

Still, the deal represents a badly needed coup for Netflix, which has been reeling from customer backlash due to sharp price increases and a change to its DVD-by-mail service.

THE ASSOCIATED PRESS

Lower gas prices a letdown for drivers

Gasoline prices are expected to inch a bit lower the rest of the year, but not as much as motorists would hope, an energy consultant said yesterday, blaming the weaker loonie.

World oil prices are set in U.S. dollars so a rising

loonie against the greenback offsets part of the impact of higher crude prices. But, the latest slide in the loonie means a raw deal for consumers who buy gasoline with weaker Canadian dollars.

THE CANADIAN PRESS

Self-serve shopping lanes checking out

JESSICA HILL/THE ASSOCIATED PRESS



► A customer uses a self-serve checkout station at a Big Y supermarket in Manchester, Conn.

Smartphone barcode scanning to change grocery shopping: Analysts

When Keith Wearne goes grocery shopping, checking out with a cashier is worth the extra moments, rather than risking that a self-serve machine might go awry and delay him more.

Most shoppers side with Wearne, studies show. With that in mind, some U.S. grocery-store chains are bagging the do-it-yourself option, once considered the wave of the future, for customer service.

"It's just more interactive," Wearne said. "You get someone who says hello; you get a person to talk to if there's a problem."

Big Y Foods, which has 61 locations in Connecticut and Massachusetts, recently became one of the latest to announce it was phasing out the self-serve lanes. Some other regional chains and major players, including some Albertsons, have also reduced unstaffed lanes, adding more clerks.

Market moment

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(97.25¢ US)

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(\$79.85 US)

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(+ 8.1¢)

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Market studies cited by the Arlington, Va.-based Food Marketing Institute found only 16 per cent of supermarket transactions in 2010 were done at self-checkout lanes. That's down from a high of 22 per cent three years ago.

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Apple fights Samsung on patents

Samsung asked a Dutch court yesterday to slap an injunction on Apple Inc. to prevent it from selling iPhones and iPad tablets in

the Netherlands, saying Apple does not have licences to use 3G mobile technology in the devices.

The legal battle is the latest round in a series of claims and counterclaims of patent breaches by the rival technology heavyweights playing out in courtrooms around the

world.

Samsung Electronics Co. lawyer Bas Berghuis told a civil judge that Apple "never bothered to ask about licences" before it started selling 3G-enabled iPhones that use the Universal Mobile Telecommunications Standard (UMTS).

Apple argues that be-

cause UMTS technology has been adopted as the industry standard for mobile telecommunications, Samsung is under a legal obligation to offer licences for patents that underpin the standard on "fair, reasonable and nondiscriminatory" terms.

THE ASSOCIATED PRESS



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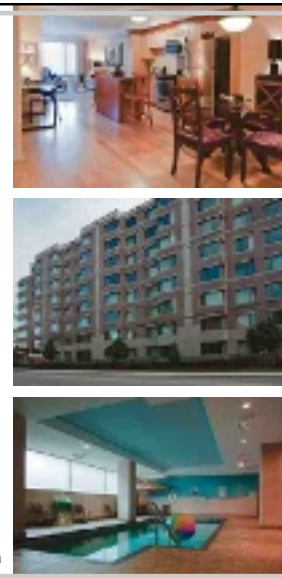
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TRANSIT CAN BE A REAL PICK-ME-UP

SHE SAYS ...

JESSICA NAPIER
METRO



I hate to drive. Maybe I liked it for a few months back when I was 16 and my learner's permit meant a newfound sense of independence, but these days I just don't see the appeal.

Don't get me wrong. I am not a terrible driver — or at least, I'd like to think I'm not. Sure there has been the odd fender bender and one unfortunate speeding ticket when I was 18 but nothing too traumatic. I understand the rules of the road and am certainly physically capable of driving from A to B. I'm just not very fond of it.

When I am behind the wheel, I am permanently on edge. I get heart palpitations at the first sign of inclement weather, and the combination of speeding cabs, weaving bicyclists and jaywalking pedestrians sends my nerves into overdrive. I hate the overly aggressive road ragers and the lost hours spent staring at break lights in a traffic jam.

I actually prefer taking public transportation, even on its slowest, smelliest and most uncomfortable days. Not because I can't afford to drive, or because I am an environmental crusader, but because, for me, it's just so much easier.

Sitting on a bus or train gives me time to myself; time to sleep, to read and to stare inappropriately at attractive strangers. Public transit is empowering — bus drivers don't care when I'm intoxicated and they let me check my phone for text messages whenever I want.

As a non-driver, I am exempt from all of the monetary costs associated with car ownership. I don't have to worry about repairs or parking and I admittedly have no concept of how

much car insurance costs (but I hear it's horrendous). And while the occasional fare increase will irk me for a month or two, it is nothing compared to the daily emotional roller coaster that results from the fluctuation of crude oil prices.

I know mass transit isn't always the fastest or most convenient way to travel, and I'm not immune to the eye-rolling frustrations of yet another late bus or stalled train. But most of the time I can breathe deeply and get over it because I want to believe that the benefits of communal commuting outweigh the negatives.

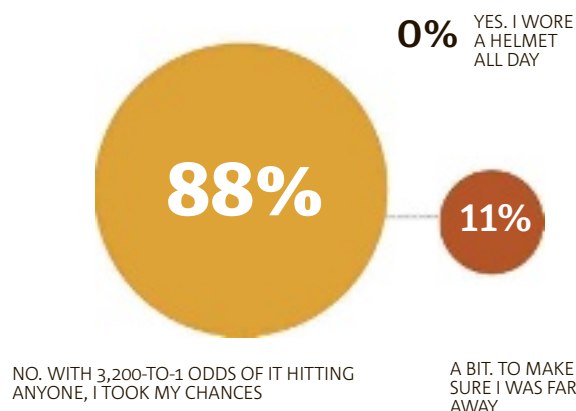
Riding transit might make me more dependent at times, but it is also blissfully liberating in so many ways. For us anti-automobile folk, freedom is a monthly pass and a good book.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at metropolitanpanel.ca and take the quick poll

Did you follow the falling satellite?



Letters

I stood proud last week while people watched us march at Take Back The Night.

The feelings of joy were spread through each of our faces, though pain swept most of our hearts. A march like this shouldn't still be going on. Every day a woman, a child, a friend, a mother is exposed to sexual, mental and physical violence. Why?

Why would our voices not be heard on the first incident? I recognize today something I did not understand two days ago: Standing up, using your voice and demonstrating a protest will help end the violence and against women and children.

Although we need laws and justice to get there, the true, lingering and frustrating question is when? The march began at Minto Park, where you will find the women's monument. Slowly women and children and the odd man gathered together. Each of us greeting others with warm smiles and laughter.

The bond each of us held together is too difficult to explain. In most cases we were complete strangers.

MELONIE KILBY
OTTAWA

Blind. Photog

Juan Antonio Hernandez tries to touch a flower in order to feel its temperature and thus determine the sunlight's angle as he prepares to photograph the flower at a park in Mexico City earlier this month.



MARCO UGARTE/THE ASSOCIATED PRESS

Photo of the day

Hernandez is one of 30 visually impaired or blind people learning photography with the help of the Mexico City foundation Ojos Que Sienten, or Eyes That Feel.

WEIRD NEWS

Finally! A fish tank that fits in your pocket!

Introducing the world's smallest aquarium. Made of fibreglass and measuring just 3 centimetres wide by 2.4 cm high and 1.4 cm deep, it can rest on the palm of your hand. With two teaspoons of water inside, this tank boasts living algae and even contains miniscule baby danio-rerio fish.

Hailing from Omsk, Russia, nimble-fingered miniaturist Anatoly Konenko and his son Stanislav made this in



An itty-bitty fish tank

three weeks. The 57-year-old was the first in Siberia to create what he calls "microminiature" art. He claims to have invented the technology of writing on very small grains of rice.

In 1996, Konenko was recognized by Guinness for the world's smallest book — at 0.9 millimetres by 0.9 mm.

METRO WORLD NEWS

2

scene

Scene in brief



Taylor Lautner received a noisy welcome at the European premiere of his latest film *Abduction*. He met fans at the British Film Institute's IMAX screen in London last night. A Facebook campaign ensured he'd promote the movie in the U.K., with more than 79,000 supporters "liking" the page on the site. **THE ASSOCIATED PRESS**



E-Street Band guitarist Van Zandt says Springsteen plans to decide future after Clemons death.



► Daniel Craig and Rachel Weisz are a happily married New York City couple seeking a simpler life in New England in *Dream House*.

Director up in the clouds

► Jim Sheridan tries to capture the intangible in his work ► New film *Dream House* is a psychological thriller that's a departure from his typical character drama fare



RICHARD CROUSE
SCENE@METRONEWS.CA

Shortly into my conversation with Irish filmmaker Jim Sheridan I begin to understand what his daughter Kristen meant when she said her father "exists up in the clouds. In order to communicate with him, you have to go up into the clouds yourself."

When I mention the quote to the *Dream House* director he laughs and tries to explain.

"I think that's probably true in relation to the way I approach actors and sto-

ry. I know directors like Tim Burton or David Fincher, they're very structured visually. Then there's the approach that says, 'It's emotional over here.'

But emotions are invisible and it's hard to catch the invisible. Trying to catch the invisible is very interesting because it's just something that happens in front of you rather than something that has happened, as Hitchcock said, and then I'm only shooting it."

A scheduled 10 minute interview stretches into 35

minutes as the three time Oscar nominee chats amiably about the movies he thinks will eventually become classics — "the poetic ones that don't make as much sense" — on artistic vision — "it's a product of interior emotion" — the meaning of the Kubrick film 2001 — "it's a baptism!" — and, of course, his new movie.

In *Dream House* real life newlyweds Daniel Craig and Rachel Weisz are Will and Libby, a happily married couple who leave New York City for a simpler life in New England.

Of course, this is a thriller, so their hopes for a happy life are dashed when they discover their new home was the site of a grisly murder.

"It's a genre piece," he says.

"It's a psychological thriller with horror overtones and detective story overtones, but essentially, deep down it's a love story. It's in the vein of *A Beautiful Mind* and *Shutter Island*. We've made the kind of movie with thriller and horror elements, but women will like it."

Sheridan may exist in

the clouds, but he is realistic about the state of the movie business. The kind of character dramas that made him famous are harder to get made these days.

"One day, I don't know what day it was, maybe a Thursday, about a year ago, everybody decided you couldn't make a drama anymore," he says. "I think there was a surfeit of independent movies when there was a surfeit of money," he says. In Ireland we built too many houses, in America we made too many movies."

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**Transformers:
Dark of the Moon**
Genre: Action
Director: Michael Bay
Stars: Shia LaBeouf, Rose
Huntington-Whiteley,
Tyrese Gibson
     

Picking the "best" of the three Transformers movies is like choosing death by firing squad, shark mauling or being crushed by one of Wile E. Coyote's giant anvils.

On reflection, I'd choose the anvil drop, which is what the last 45 minutes of Transformers: Dark of the Moon feels like, as the good alien robots (Autobots) and bad alien robots (Decepticons) turn Chicago into a scrapyard.

The overlong Transformers 3 is an improvement over the incomprehensible Transformers 2, which I'm still in therapy for, and the



pokey original Transformers, which first turned these robot-changing Hasbro toy cars into multiplex behemoths.

This installment ludicrously connects the 1969 Apollo 11 moon landing with Transformers lore — Neil Armstrong and Buzz Aldrin secretly discover a smashed Autobots spaceship on the moon's dark side — but at least it's a conspiracy theory we can follow.

The lunar find leads to our sweaty teen hero

Sam Witwicky (Shia LaBeouf) being reluctantly dragged yet again into the Autobots vs. Decepticons fray.

But at least he has a new girlfriend to play with, in between explosions.

She's feisty rich girl Carly, played by Rosie Huntington-Whiteley, a former Victoria's Secret model.

Carly easily fills the gap left by the departed Megan Fox, who was bounced for comparing Bay to Hitler.

   PETER HOWELL

**Star Wars:
The Complete Saga**
Genre: Action
Director: George Lucas
Stars: Harrison Ford,
Mark Hamill
       

Can there possibly be any justification for buying George Lucas' creaking space opera yet again?

Yes and no. If you really want the very best sight and sound available for home systems, you need this Blu-ray package, which includes not only the sainted original trilogy that began in 1977, but also the damned prequel one that began in 1999.

If you're happy with what you already have on regular DVD, then save your money.

The extras are bountiful, including scratchy (and brief) deleted and extended scenes from the original trilogy, which began with Star Wars in '77.

(It's now called Star Wars: Episode 4 — A New

Hope under Lucas' loopy renaming system.)

Expect to be asked to buy these all over again,

after Lucas rolls them all out on 3D.

Bleh.

   PETER HOWELL

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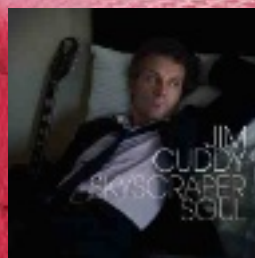
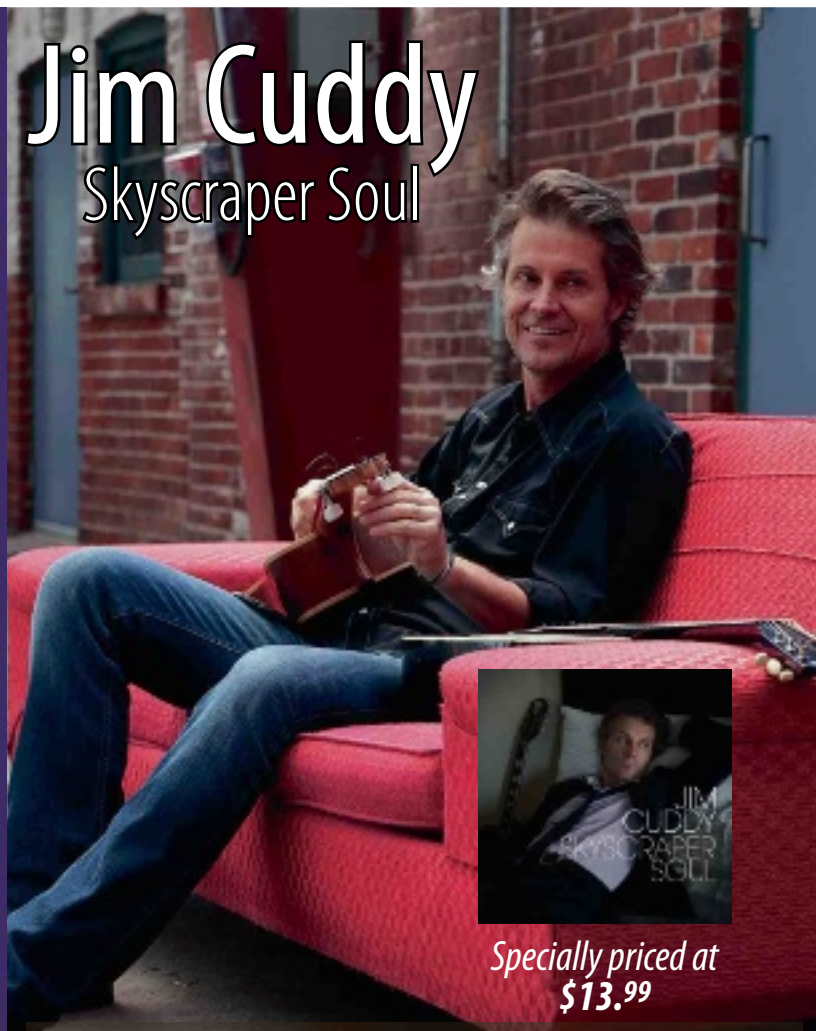
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MJ's kids may take the stand

► Case into the death of the late singer is looming

Michael Jackson's two oldest children, Prince Michael and Paris, are reportedly eager to take the stand in the manslaughter case of Dr. Conrad Murray, the man accused of causing the pop star's death, according to Radar Online, but their grandmother, Katherine Jackson, is resisting the idea.

"She knows how traumatic it would be for them, but both Prince Michael and Paris have said they want to tell the jury what they saw on the day their father died," a source says, adding that Michael's sister, La Toya Jackson, isn't opposed to the idea.

"La Toya has said it would be good for the children to 'get what is inside them out of them.' She feels it is a way for them to release the hurt. Above all though, she believes her brother was murdered and what Prince Michael and Paris could tell the jury would inevitably help convict the doctor."

● METRO



► Michael Jackson

AARON LAMBERT-POOL/GETTY IMAGES

Talking points

Von D, James are 'off' again

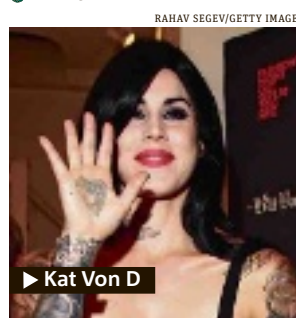
BREAKUP. After breaking off their engagement over the summer and then reconciling a month later, Kat Von D and Jesse James have called it quits again.

"I am not in a relationship," Von D posted on her Facebook page. "And I apologize for all the 'back and forth' if it's caused any confusion."

As for other things the L.A. Ink star isn't doing, she added: "I am not in any way moving to Texas. I am not opening up another tattoo shop. And I am not leaving my shop here in Los Angeles, High Voltage Tattoo."

She's also not filming any more episodes of her series, which was recently cancelled.

● METRO



► Kat Von D

RAHAV SEGEV/GETTY IMAGES

Celebrity tweets



#India is beautiful, but some parts are very poverty stricken. Broke my heart to see babies sleeping on the streets



@ParisHilton

@Joan_Rivers

New York streets are a mess from all the damned moochers coming to the U.N. My middle finger is exhausted from flipping everyone off.



@RedHourBen



1,000,000!

This is great I am actually losing followers. Lets get down to

@ConanOBrien



You know you're getting older when you throw out your back while buttering scones.

Wills just can wait to be king

Prince William, who is second in line to the British throne, admits its current occupier shows no signs of stepping aside, according to the Daily Mail.

"We do hint at taking some things off her, but she won't have anything of it," he says of his 85-year-old grandmother, the Queen of England.

"She'll want to hand over everything she's done everything she possibly could to help, and that she's got no regrets and no unfinished business."

As for his own future on the throne?

"As I'm flying along in my helicopter through the mountains of Wales, I try desperately hard not to think about it," says William, who is a rescue helicopter pilot.

"That can wait until I'm a bit older."

● METRO



► Prince William



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► As the sun dips earlier and we spend less time outdoors, it's time to think about other sources of vitamin D. Fatty fish is our best natural source: think salmon, mackerel, sardines and tuna. And then there's our grandmothers' grimace-inducing favourite: cod liver oil.

Goodnight sun: why vitamin D is critical

► New study shows links between serious mental illness in kids and vitamin D deficiency

CELIA MILNE
LIFE@METRONEWS.CA

Vitamin D — the sunshine vitamin — got another thumbs-up recently.

A small study in Oregon found that children with serious mental illnesses are more likely to be deficient in vitamin D than children with good mental health. Researchers at the Oregon Health & Science University, led by Dr. Keith

Cheng, tested vitamin D levels in 67 children (ranging from seven to 17) in a psychiatric hospital. The children had illnesses including anxiety disorder, autism, disruptive disorder, mood disorder and psychotic disorder. They compared these to children in the general, healthy population.

Vitamin D deficiency was found in 21 per cent of the inpatients, compared with only 14 per cent in

healthy children. This is not enough evidence to say low vitamin D causes mental illness, but the subject is worthy of further study, said the authors.

This is a good reminder to Canadian parents that vitamin D is important, especially in the fall and winter months, when children get less sun. Recognizing this, the government has raised the recommended daily allowance (RDA) for chil-

dren.

"As we go into October 2011, I am thrilled that the RDA for children has gone up three-fold, compared to October last year," says Dr. Reinhold Vieth, director of the bone and mineral laboratory at Mount Sinai Hospital and a professor at the University of Toronto.

"Official government agencies are advising parents to provide children with 600 I.U. vitamin D as the average daily supply,

and I think that is excellent basic advice."

Vieth notes that Vitamin D helps prevent rickets and may lower the risk of influenza or allergy. Some research shows vitamin D boosts mood and reduces risk of depression.

"Modern lifestyles are generally sun-avoiding," he warns. "Of course there is also less vitamin D-forming UVB sunlight available the farther north one goes."

3

life

New study shows



1

... drink a day was linked to greater overall health in older women in a study conducted by the Harvard School of Public Health. Women who had one a day at the age of 58 had a 20 per cent chance of "successful" ageing. ● METRO



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BONNIE MUNDAY, EDITOR-IN-CHIEF,
BEST HEALTH MAGAZINE



The truth about colonics

Despite the cost of about \$100 per session, many people swear by colon hydrotherapy as a way to lose weight and be healthier. But as our writer, Lesley Young, found out, there are some myths — and some truths. Here are just a few:

Myth #1: "It prevents constipation." No, it doesn't. It can relieve it temporarily, but only when other

routes, such as dietary changes, don't work.

Myth #2: "It helps you lose weight." Any pounds that might be lost are gained back right after the procedure, as soon as you resume eating and drinking.

Myth #3: "It permanently rids us of bad bacteria." There's a balance of good

and bad bacteria in our colon, and a colonic removes both kinds temporarily. Then, both repopulate soon afterward.

For four more myths and truths about colonics, go to besthealthmag.ca and type in the search word "colonics."

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Technology has changed so much of what we do in our everyday life. Think of the speed at which we can access information on the internet or the manner in which we watch television in high definition, streamed feeds. Thirty years ago, these sorts of technology simply did not form part of our everyday lives.

Dentistry has also been dramatically affected by technology. New materials and techniques better enable your dentist to deliver services that simply did not exist in the past. Furthermore, with the computer technology provided in some offices, you can receive that treatment far more quickly and efficiently than in days gone by.

One of the most dramatic technological developments is commonly known as CEREC or E4D. CEREC or E4D can be used for a number of dental procedures, including crowns and veneers. It allows your dentist to photograph your tooth and the surrounding area from multiple angles. The images are stored and a digital, three dimensional model is created.

Then the marvel really begins. The CEREC or E4D software will take that 3D model and design the crown or



Dr. George Parry
Dental Surgeon

veneers that will best fit your tooth! Not only does it create an ideal fit for the restored tooth — it is able to consider the ideal shape to best function in YOUR mouth!

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restoration. Within minutes, a crown or veneer can be created out of a modern, ceramic material.

Most patients are thrilled with the results. The digital technology, combined with minor adjustments by your dentist, work to create a tooth that fits and functions in your mouth like your natural tooth. And the ceramic material used can create such a close match with your surrounding teeth, nobody will suspect you have a crown.

All this can be achieved with one simple trip to the dentist! So if you have been putting off the crown your smile needs because you do not have the time to visit your dentist two or three times, ask your dentist if s/he uses CEREC or E4D.

If so, invest in your smile by scheduling that appointment. When you see that youthful smile in the mirror, you will be glad that you did. Because smiling keeps us feeling young, energetic and it is a healthy habit...and healthy habits lead to healthy lives.

Dr. George Parry
- Dental Surgeon

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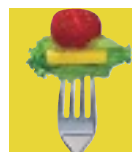
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Lavish lunches to go

- The Red Apron, known for its meal service, also has a lunchtime storefront
- The menu changes regularly and features delicious soup and sandwiches

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



Not only can you subscribe to a meal service from The Red Apron, but you can dine lavishly on sandwiches and soups at their storefront during lunchtime.

Behind the counter, the open kitchen is buzzing with activity. As for lunching, you can either grab one of the stools along the counter at the window or take your lunch to go.

The menu changes regularly, but on a recent day I had a choice of a Greek or Ploughman's sandwich.

The roast beef in the Ploughman was tender and

► **The Red Apron**
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Rating: 4.5 out of 5

flavourful. A generously thick slice of aged cheddar sat on fresh bread that was slathered with chutney and Dijon. A slice of sweet, homemade pickle provided the perfect crunch and completed this carefully curated medley.

The butternut squash soup was lightly flavoured, creamy and silky. And the chocolate chip cookie was chewy on the inside and slightly crunchy on the edges — perfect.

When you want a quick brown-bag lunch or a luscious take-home dinner, head to The Red Apron.



► Ploughman's Sandwich and Creamy Organic Songberry Farm Butternut Squash Soup

Almond Chocolate Chews

THE CANADIAN PRESS H/O

Ingredients:

- 500 ml (2 cups) butterscotch chips
- 500 ml (2 cups) chocolate chips
- 250 ml (1 cup) raisins
- 250 ml (1 cup) cranberries
- 375 ml (1 ½ cups) salted pretzels, broken in half
- 500 ml (2 cups) whole almonds, dry roasted (or substitute whole almonds, salted)



Preparation:

- 1 In a large double boiler or large bowl over gently simmering water, melt butterscotch and chocolate chips for about 10 minutes.
- 2 Once melted, turn off heat. Add raisins, cranberries, pretzels and almonds. Gently stir, making sure no water

gets into the bowl.

- 3 Drop teaspoonfuls onto wax paper-lined cookie sheet.
- 4 Refrigerate until set, about 30 minutes. Makes 3 dozen.

RECIPE COURTESY OF
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A tarragon twist on classic crème brûlée

Ingredients:

- 375 ml (1 ½ cups) whipping cream
- 125 ml (½ cup) buttermilk
- 125 ml (½ cup) granulated sugar, divided
- 5 ml (1 tsp) grated lemon zest
- 2 eggs
- 2 egg yolks
- 10 ml (2 tsp) vanilla

Tarragon Cream

- 125 ml (½ cup) 35% whipping cream

- 22 ml (1 ½ tbsp) liquid honey
- 15 ml (1 tbsp) chopped fresh tarragon
- 7 ml (1 ½ tsp) grated orange zest

Topping

- 75 ml (⅓ cup) sugar
- 375 ml (1 ½ cups) fresh blackberries or raspberries
- Fresh tarragon sprigs (optional)
- Fresh cracked black pepper (optional)

Crème Brûlée Preparation:

- 1 Preheat oven to 160 C (325 F). In a saucepan, combine cream, buttermilk, 50 ml (¼ cup) of the sugar and lemon zest; heat over medium heat until steaming. Then, in a heatproof bowl, whisk together 50 ml (¼ cup) of the sugar, eggs and egg yolks until pale. Gradually whisk in heated cream mixture in a slow steady stream; whisk in vanilla.

- 2 Strain through a fine-mesh sieve into a liquid measuring cup with a pouring spout. Pour evenly into six 175-ml (¾-cup) or eight 125-ml (½-cup) ramekins or crème brûlée dishes.

- 3 Set ramekins in a roasting pan and place pan in oven. Pour in enough boiling water to come three-quarters up sides of ramekins. Bake for 35 to 40 minutes until tops are firm and centre is

slightly jiggly. Let cool on rack. Cover loosely and refrigerate for about 2 hours, until chilled, or up to 2 days.

- 4 Tarragon Cream: In a chilled bowl, using an electric mixer, whip until cream is thick. Beat in honey, tarragon and orange zest until soft peaks form; set aside.

- 5 Topping: Preheat broiler, if using. Blot top of custards dry with paper

towel. Sprinkle evenly with a thin layer of the remaining sugar, adding more if required. Broil on a baking sheet, rotating ramekins as necessary, or use a torch until sugar is bubbling and caramelized. Let cool for 3 minutes. Place blackberries or raspberries evenly on top and dollop with Tarragon Cream. Garnish each with a tarragon sprig and black pepper, if desired. **THE CANADIAN PRESS**

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TIPS FOR A WINGMAN

Dear column people,
My best friend's a tool when it comes to women, and I really don't get it. We're both decent-looking guys with good jobs and lots of confidence. To top it off, he's probably seen every pick-up video out there, but when it comes to talking to women, he can't close the deal. He tells me to hold him accountable when it comes to getting numbers, and when we're on the way to a club he'll keep talking about how psyched he is and how he'll do this or that, but once we get there, he just stands around and getting him to approach a woman is almost impossible. Any suggestions?

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Andrea: Dear BFF,
It sounds like you're a pretty good wingman. Although holding him accountable, monitoring him, and pushing him can be helpful at first, continuously doing so will take away your effectiveness as

a motivator.

Think about it: he keeps "failing" despite your pushing, and nothing happens.

Why should he change? Try a different tactic: before going out, have him take out \$50 from his bank account and give it to you to hold on to (increase the amount if he's wealthy).

If he gets a number that night, he gets it back.

He does not get it back (don't spend it) until he gets a number. Call it a "date trust fund."

Paying him will be a positive association with getting girls' numbers and inaction will cost him. Let me know how it goes!

Claire: Dear Wingman,

There is a funny phenomenon that says we often react in contrast to those around us — in other words, your confidence might actually bring out his lack of confidence. I'm not saying that's the cause of his un-Romeo-ness, but maybe it's time for another approach.

Maybe he should try dating online — it will give him more control over the situation.

He can keep things light for as long as he likes, and use online chatting and emails to get to know the woman he eventually chooses to meet.

It will allow him to build his confidence, which seems to be lacking. Good luck!

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

THE RIGHT TIME FOR CHIVALRY

CHARLES THE BUTLER



ASKCHARLES
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Dear Mr. Butler,
I would value your opinion on a point of etiquette/respect. I'm in my mid-30s, but it has usually been my practice to rise when women enter or leave the room, or arrive at or leave the table during meals. The only real exception to this has been for very close friends and family who would be embarrassed by the gesture. How should I respond when a woman insists that this gesture of respect for their sex is unnecessary, that I remain seated? Also, should one dispense with the practice when the woman is constantly moving to and from the table or the room, while serving dinner or otherwise going about her hostess duties?

Aron

Dear Aron,

The custom of a gentleman standing every time a woman enters the room and/or stands at the table is rarely practised in today's modern world, but does remain common in formal social situations.

Remember that etiquette is all about making others feel comfortable in social situations.

Therefore if a woman asks you to please stop standing for her, I would respect her request.

It also is neither neces-



► Don't forget: Etiquette is all about making others feel comfortable in social situations.

sary nor appropriate to keep standing for a hostess who has to come and go from the table while she is serving her guests.

Bravo for being a gentle-

man, and one thing I am absolutely sure about is that chivalry is not dead!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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READY TO OWN?

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LESLIE SCORGIE
MONEY@METRONEWS.CA



When I was 21 I bought my first house. I'd worked hard over four years to squirrel away enough money for a small down payment. Before too long, however, I ran right into an extremely common trap: home poverty. Basically, all I could afford was my house! It took eight months for my monthly cash flow to 'level out' and finally feel like I had two nickels to rub together again.

Home poverty happens when after the mortgage, insurance and utilities are paid, there's little money left over for RRSP contributions, home maintenance, car repairs, vacations, etc. A

person's cash flow is further jolted with the initial costs of moving expenses, legal fees, closing costs, cleaning supplies and much more.

Avoid feeling house poor by preparing for home ownership well in advance of buying. Figure out what you can afford based on your current income, not what you hope your income will be in the future. Use online mortgage calculators (available through any bank) or talk to a mortgage broker.

If your credit score is in good shape, banks will approve a mortgage amount that translates into monthly housing payments (mortgage, insurance, taxes and heating combined) that are less than 32 per cent of your gross monthly income.

Just because you can qualify for a huge mortgage doesn't mean you should take one! Less debt almost always translates into less stress.

Slow and steady wins

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Jack, the three-year-old Warren Buffett wannabe, is in an investing mood now that he has a few thousand in his RESP.

Actually, truth be told, it's his Nana (me) who is hoping to channel him in this direction. But what should he (his parents) buy for his fledgling education account to ensure any post secondary studies are as debt-free as possible?

Last week I wrote about the issues parents face in **GIC rates are rock bottom low but still a good bet for education savings.**

-ALISON'S MONEY RULE

terms of savings choices. RESP? TFSA? RRSP?

Because the government tops up RESPs with a 20 per cent grant on the first \$2,500 contributed, I suggested his parents focus savings efforts here, at least until they achieve that \$2,500 mark to receive the maximum grant.

The other option is to contribute some to RESPs and some to RRSPs, then take the tax refund and plunk it in the RESP.

But how should they invest the money? Banks, where you open RESP accounts, want to sell mutual funds, most of which charge high fees.

Also, as we've seen with the latest incarnation of market volatility, equity (stock) mutual funds are offering little joy and much risk these days.

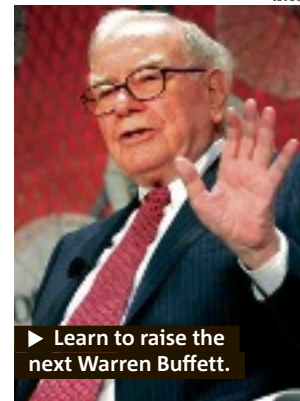
Let's say Jack persuades Mom and Dad to invest with the tortoise rather

than the hare — i.e. GICs rather than the stock market. After 15 years, assuming they achieve a four per cent average annual compounded rate of return over time — that's the GIC return plus reinvested income — he will have nearly \$62,000 for his post-secondary education.

Boring, yes. Safe? Oh yes. The government gives you a 20 per cent return annually on any money contributed up to \$2,500. This means you don't need to take any risks at all.

One complication is that most banks have a minimum GIC amount, usually \$5,000. But Jack can wait until he has that in his RESP before he directs his parents to buy a GIC and then roll it over annually with the additional contributions added in.

Another issue is rock bottom rates. Go for third party GICs offered by other



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financial institutions at your bank. Rates are higher, though the minimum investment might be also.

Here's an example: CIBC's one-year GIC pays 0.9 per cent annually but the bank offers three GICs from other institutions paying just over 1.7 per cent.

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POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

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Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Your money section sponsored by:

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4
sports

Quoted



"Ultimately, I have respect for the referees and their decision to make calls. You won't hear me complaining about it no more."

PHILADELPHIA EAGLES QUARTERBACK MICHAEL VICK, WHO BACKTRACKED FROM A COMPLAINT MADE SUNDAY THAT HE TAKES TOO MANY LATE HITS WITHOUT THE BENEFITS OF ROUGHING-THE-PASSER CALLS. THE EAGLES ALSO ANNOUNCED VICK'S RIGHT HAND, INJURED ON A HIT SUNDAY, WAS BRUISED, NOT BROKEN AS INITIALLY FEARED.

Jets a hit on the Rock

- ▶ Winnipeg wins pre-season game at home of their AHL farm team
- ▶ For one Senator, a thrilling chance to play in his hometown



▶ Winnipeg Jets forward Jim Slater and Ottawa Senators defenseman Eric Gryba clash in front of Alex Auld and the Senators net during the first period yesterday in St. John's.

The Winnipeg Jets thrilled a capacity crowd at the new home of their American Hockey League farm team with a 3-1 pre-season win over the Ottawa Senators yesterday. Mark Scheifele and Troy Bodie scored a pair of unanswered goals in the second period for the Jets as the out-shot Senators struggled to respond.

Ben Maxwell added the other goal for Winnipeg. Ottawa rallied and got on the board in the third period as Mika Zibanejad stuffed one in on Jets netminder Ondrej Pavelec.

Despite a lengthy power play in the third period on a fighting penalty taken by Winnipeg's Patrice

3	1
JETS	SENATORS

Cormier, the Sens were not able to tie up the match and were outshot 36-28. The game was played before a packed house of 6,275 hockey-starved fans who will be cheering this season for the St. John's IceCaps, the

Winnipeg affiliate in the AHL.

It's the first time the city has had an AHL team since the St. John's Maple Leafs left in 2005.

The rare NHL spectacle on the Rock was as much a thrill as it was a happy coincidence.

It just so happened that nearby Conception Bay South, N.L., won the chance to host the pre-season game as part of the annual Kraft Hockeyville contest. That hard-won victory nicely dovetailed with the move of the Atlanta Thrashers to Winnipeg, while the AHL's Manitoba Moose became the St. John's IceCaps.

And for 25-year-old

Senators forward Colin Greening, who grew up five minutes from Mile One Centre, the chance to play an NHL game in his hometown is a dream come true.

"Hockey here is huge," said the left winger, who debuted in Ottawa last season with six goals and seven assists in 24 games. "I know sometimes you forget about Newfoundland because we're so far East and we have our own time zone, but hockey's big here. Everyone's born on skates."

"We're proud Canadians, so it's great to have Hockeyville here and to get another AHL team."

THE CANADIAN PRESS

Crosby feels closer to contact

Sidney Crosby believes he is getting closer to being cleared for contact.

The Pittsburgh Penguins' star was pleased after going through another trouble-free practice yesterday, a day after taking part in a scrimmage in which hits were banned.

"Obviously, the more good days you have, the nearer you get, and, hopefully, we'll get there shortly," said Crosby, who is recovering from a concussion that occurred more than eight months ago.

Crosby, who hasn't played since Jan. 5, has not yet been officially ruled out for the Penguins' Oct. 6 opener at Vancouver. However, it seems highly unlikely he will be ready by then as he has yet to take part in any contact work.

Crosby sat out the Penguins' three pre-season games last week and isn't expected to participate in any of the three this week, all of which are on the road.

While Crosby skips any training camp scrimmaging that includes contact, he has looked fast and in shape while going through his regular on-ice work. He has been jostled during some drills, but has reported none of the concussion-related symptoms, including headaches, that bothered him for months after he was hurt.

Crosby said he has gone at a 100 per cent exertion level since camp began Sept. 17, if only to get back to playing at a game-like speed. THE CANADIAN PRESS

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MAJOR LEAGUE BASEBALL									
AMERICAN LEAGUE					NATIONAL LEAGUE				
EAST DIVISION					EAST DIVISION				
	W	L	Pct	GB		W	L	Pct	GB
x-New York	97	62	.610	—	x-Philadelphia	99	60	.623	—
Boston	89	70	.560	8	Atlanta	89	70	.560	10
Tampa Bay	88	71	.553	9	Washington	78	80	.494	20½
Toronto	80	79	.503	17	New York	76	83	.478	23
Baltimore	67	92	.421	30	Florida	71	88	.447	28
CENTRAL DIVISION					CENTRAL DIVISION				
	W	L	Pct	GB		W	L	Pct	GB
x-Detroit	92	67	.579	—	x-Milwaukee	94	65	.591	—
Cleveland	80	79	.503	12	St. Louis	88	71	.553	6
Chicago	77	82	.484	15	Cincinnati	77	82	.484	17
Kansas City	70	89	.440	22	Pittsburgh	71	88	.447	23
Minnesota	61	98	.384	31	Chicago	70	89	.440	24
WEST DIVISION					WEST DIVISION				
	W	L	Pct	GB		W	L	Pct	GB
x-Texas	93	66	.585	—	x-Arizona	93	66	.585	—
Los Angeles	86	73	.541	7	San Francisco	84	75	.528	9
Oakland	72	87	.453	21	Los Angeles	80	78	.506	12½
Seattle	66	93	.415	27	Colorado	72	87	.453	21
x — clinched playoff berth					San Diego	69	90	.434	24
x — clinched playoff berth					x — clinched playoff berth				
Last night's results Boston at Baltimore Cleveland at Detroit N.Y. Yankees at Tampa Bay Kansas City at Minnesota Toronto at Chicago White Sox Texas at L.A. Angels Oakland at Seattle Sunday's results Tampa Bay 5 Toronto 2 Detroit 10 Baltimore 6 Kansas City 2 Chicago White Sox 1 Minnesota 6 Cleveland 4 (10 inn.) N.Y. Yankees 6-4 Boston 2-7 (14 inn., 2nd game) Oakland 6 L.A. Angels 5 Texas 12 Seattle 5 Tonight's games Boston (Bedard 5-9) at Baltimore (Britton 11-10), 7:05 p.m. Cleveland (J.Gomez 5-2) at Detroit (Scherzer 14-9), 7:05 p.m. N.Y. Yankees (Colon 8-10) at Tampa Bay (Hellickson 13-10), 7:10 p.m. Kansas City (O'Sullivan 2-5) at Minnesota (Swarzak 3-7), 8:10 p.m. Toronto (H.Alvarez 1-2) at Chicago White Sox (Buehrle 12-9), 8:10 p.m. Texas (C.Lewis 13-10) at L.A. Angels (E.Santana 11-12), 10:05 p.m. Oakland (Cahill 11-14) at Seattle (Beavan 5-5), 10:10 p.m. Tomorrow's games Toronto at Chicago White Sox, 2:10 p.m. Boston at Baltimore, 7:05 p.m. Cleveland at Detroit, 7:05 p.m. N.Y. Yankees at Tampa Bay, 7:10 p.m. Texas at L.A. Angels, 8:05 p.m. Kansas City at Minnesota, 8:10 p.m. Oakland at Seattle, 10:10 p.m.					Last night's results Cincinnati at N.Y. Mets Philadelphia at Atlanta Washington at Florida St. Louis at Houston Pittsburgh at Milwaukee L.A. Dodgers at Arizona Chicago Cubs at San Diego Colorado at San Francisco Sunday's results Washington 3 Atlanta 0 Cincinnati 5 Pittsburgh 4 Colorado 19 Houston 3 Milwaukee 9 Florida 5 Philadelphia 9 N.Y. Mets 4 St. Louis 3 Chicago Cubs 2 L.A. Dodgers 6 San Diego 2 Arizona 5 San Francisco 2 Tonight's games Cincinnati (Arroyo 9-12) at N.Y. Mets (Carpuno 11-12), 7:10 p.m. Philadelphia (Oswalt 8-10) at Atlanta (D.Lowe 9-16), 7:10 p.m. Washington (Lannan 10-13) at Florida (Vazquez 12-11), 7:10 p.m. St. Louis (Westbrook 12-9) at Houston (Sosa 3-5), 8:05 p.m. Pittsburgh (Ohlendorf 1-3) at Milwaukee (Wolf 13-10), 8:10 p.m. Philadelphia (Kuroda 13-16) at Arizona (Parker 0-0), 9:40 p.m. Chicago Cubs (Garza 9-10) at San Diego (Bass 2-0), 10:05 p.m. Colorado (White 2-3) at San Francisco (Bumgarner 12-13), 10:15 p.m. Tomorrow's games Cincinnati at N.Y. Mets, 1:10 p.m. Colorado at San Francisco, 3:45 p.m. Washington at Florida, 4:10 p.m. Philadelphia at Atlanta, 7:10 p.m. St. Louis at Houston, 8:05 p.m. Pittsburgh at Milwaukee, 8:10 p.m. Chicago Cubs at San Diego, 8:35 p.m. L.A. Dodgers at Arizona, 9:40 p.m.				

NFL									
AMERICAN CONFERENCE									
EAST									
	W	L	T	Pct	PF	PA		W	L
Buffalo	3	0	0	1.000	113	73		3	0
New England	2	1	0	.667	104	79		2	1
N.Y. Jets	2	1	0	.667	83	61		0	3
Miami	0	3	0	.000	53	78			
SOUTH									
Houston	2	1	0	.667	90	60		2	1
Tennessee	2	1	0	.667	57	43		1	2
Jacksonville	1	2	0	.333	29	62		0	3
Indianapolis	0	3	0	.000	46	84			
NORTH									
Baltimore	2	1	0	.667	85	40		2	1
Cleveland	2	1	0	.667	61	62		2	1
Pittsburgh	2	1	0	.667	54	55		1	2
Cincinnati	1	2	0	.333	57	54			
WEST									
Oakland	2	1	0	.667	92	82		2	1
San Diego	2	1	0	.667	65	69		1	2
Denver	1	2	0	.333	58	62		0	3
Kansas City	0	3	0	.000	27	109			
NATIONAL CONFERENCE									
EAST									
	W	L	T	Pct	PF	PA		W	L
Washington	2	0	0	1.000	50	35		2	0
N.Y. Giants	2	1	0	.667	71	60		1	1
Dallas	1	1	0	.500	51	51		1	1
Philadelphia	1	2	0	.333	78	77		1	2
SOUTH									
Tampa Bay	2	1	0	.667	60	60		2	1
New Orleans	2	1	0	.667	104	88		1	2
Carolina	1	2	0	.333	60	68		1	2
Atlanta	1	2	0	.333	60	77			
NORTH									
Green Bay	3	0	0	1.000	99	74		3	0
Detroit	3	0	0	1.000	101	46		1	2
Chicago	1	2	0	.333	60	69		1	2
Minnesota	0	3	0	.000	60	74		0	3
WEST									
San Francisco	2	1	0	.667	70	52		2	1
Seattle	1	2	0	.333	30	67		1	2
Arizona	1	2	0	.333	59	56		1	2
St. Louis	0	3	0	.000	36	96			
Last night's result Washington at Dallas Sunday's results New Orleans 40 Houston 33 Tennessee 17 Denver 14 Detroit 26 Minnesota 23 (OT) San Francisco 13 Cincinnati 8 Buffalo 34 New England 31 N.Y. Giants 29 Philadelphia 16 Cleveland 17 Miami 16 Portland 30 San Diego 20 Kansas City 17 Oakland 34 N.Y. Jets 24 Baltimore 37 St. Louis 7 Seattle 13 Arizona 10 Green Bay 27 Chicago 17 Tampa Bay 16 Atlanta 13 Pittsburgh 23 Indianapolis 20 Sunday, Oct. 2 Detroit at Dallas, 1 p.m. Washington at St. Louis, 1 p.m. Minnesota at Kansas City, 1 p.m. Carolina at Chicago, 1 p.m. Pittsburgh at Houston, 1 p.m. New Orleans at Jacksonville, 1 p.m. San Francisco at Philadelphia, 1 p.m. Tennessee at Cleveland, 1 p.m. Buffalo at Cincinnati, 1 p.m. N.Y. Giants at Arizona, 4:05 p.m. Atlanta at Seattle, 4:05 p.m. Miami at San Diego, 4:15 p.m. New England at Oakland, 4:15 p.m. Denver at Green Bay, 4:15 p.m. N.Y. Jets at Baltimore, 8:20 p.m. Monday, Oct. 3 Indianapolis at Tampa Bay, 8:30 p.m.									

NFL									
PRE-SEASON									
Yesterday's results Columbus at Washington N.Y. Rangers at Philadelphia Boston at Montreal At St. John's, Newfoundland Winnipeg 3 Ottawa 1 Sunday's results Edmonton 3 Calgary 0 San Jose 4 Vancouver 3 Anaheim 3 Los Angeles 1									
Colorado 3 Dallas 0 Columbus 4 Buffalo 1 Detroit 4 Chicago 3 (SO) At Halifax — Boston 7 Montreal 3 At Charlotte, N.C. — Carolina 4 Winnipeg 0 Tonight's games Dallas at Florida, 7:30 p.m. Toronto at Ottawa, 7:30 p.m. St. Louis at Minnesota, 8 p.m. L.A. vs. Pittsburgh (at Kansas City, Mo.), 8 p.m. Phoenix at Edmonton, 9 p.m. N.Y. Islanders at Calgary, 9 p.m.									

CFL									
WEEK 13									
EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		GP
Winnipeg	12	8	4	0	291	277	16		12
Montreal	12	7	5	0	374	297	14		12
Hamilton	12	6	6	0	351	344	12		12
Toronto	12	3	9	0	251	344	6		12
WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		GP
Edmonton	12	7	5	0	288	284	14		12
Calgary	12	7	5	0	324	345	14		12
B.C.	12	6	6	0	334	249	12		12
Saskatchewan	12	4	8	0	272	345	8		12
Sunday's result At Moncton, N.B. Hamilton 55 Calgary 36 Saturday's results B.C. 42 Saskatchewan 5 Toronto 25 Winnipeg 24 Friday's result Montreal 34 Edmonton 21									
WEEK 14									
All Times Eastern Friday, Sept. 30 Montreal at Winnipeg, 7:30 p.m. Edmonton at B.C., 10:30 p.m. Saturday, Oct. 1 Saskatchewan at Calgary, 4 p.m. Hamilton at Toronto, 7 p.m.									
SOCCER									
MLS									
EASTERN CONFERENCE									
	GP	W	L	T	GF	GA	Pt		GP
Houston	31	10	9	12	39	39	42		31
Columbus	30	11	11	8	35	38	41		30
Kansas City	30	10	9	11	44	38	41		30
Philadelphia	29	9	7	13	37	31	40		29
New York	30	8	7	15	46	41	39		30
D.C. United	28	9	8	11	43	41	38		28
Chicago	29	6	8	15	36	39	33		29
Toronto	31	6	13	12	32	55	30		31
New England	30	5	13	12	34	49	27		30
WESTERN CONFERENCE									
	GP	W	L	T	GF	GA	Pt		GP
x-Los Angeles	30	17	3	10	44	22	61		30
Seattle	30	15	6	9	49	32	54		30
Real Salt Lake	29	15	8	6	42	27	51		29
Dallas	30	13	10	7	36	33	46		30
Colorado	31	10	9	12	41	40	42		31
Portland	30	10	13	7	37	44	37		30
Chivas USA	31	8	12	11	39	38	35		31
San Jose	30	6	11	13	32	39	31		30
Vancouver	29	4	15	10	29	49	22		29
x — clinched playoff berth. Note: Three points for a win, one for a tie. Sunday's result Chicago 3 New England 2 Tomorrow's games All Times Eastern Columbus at Kansas City, 8:30 p.m. Chicago at Real Salt Lake, 9 p.m. Thursday's game D.C. United at Philadelphia, 8 p.m.									
ENGLAND									
PREMIER LEAGUE									
Norwich 2 Sunderland 1									
SPAIN									
LA LIGA									
Yesterday's result Getafe 1 Real Betis 0									

TENNIS									
WTA TORAY PAN PACIFIC OPEN									
At Tokyo Singles First Round Ana Ivanovic (12), Serbia, def. Anastasia Rodionova, Australia, 6-4, 6-0. Mandy Minella, Luxembourg, def. Kimiko Date-Krumm, Japan, 1-6, 6-3, 6-3. Jarmila Gajdosova, Australia, def. Rebecca Marino, Vancouver, 1-6, 6-2, 7-5. Klara Zakopalova, Czech Republic, def. Urszula Radwanska, Poland, 3-6, 6-3, 6-									

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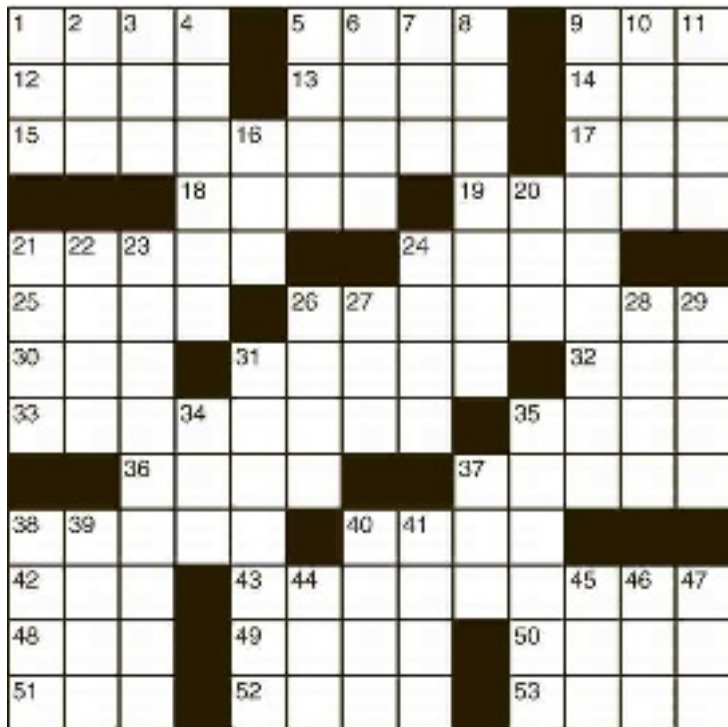
Crossword

Across

1 Sit and smile
5 Dandies
9 Cauldron
12 Windows alternative
13 Laugh-a-minute
14 Japanese sash
15 Stockholder's collection
17 Disencumber
18 Tatters
19 Stylishly dressed
21 Settle a loan
24 Opulent
25 Love deity
26 They have lots to sell
30 Melody
31 Hackneyed
32 Allow
33 Went back over one's steps
35 Waiter's handout
36 Charged bits
37 Range rover?
38 Eighth Greek letter
40 Shipbuilding wood
42 Rowing need
43 Characterization
48 Hearty quaff
49 Ms. Brockovich
50 Comical Carvey
51 Two, in Tijuana
52 Old portico
53 "Agreed"

Down

1 Little pooch
2 John's Yoko
3 Knightly address
4 Crowd-scene actors
5 Kermit, for one
6 Artworks

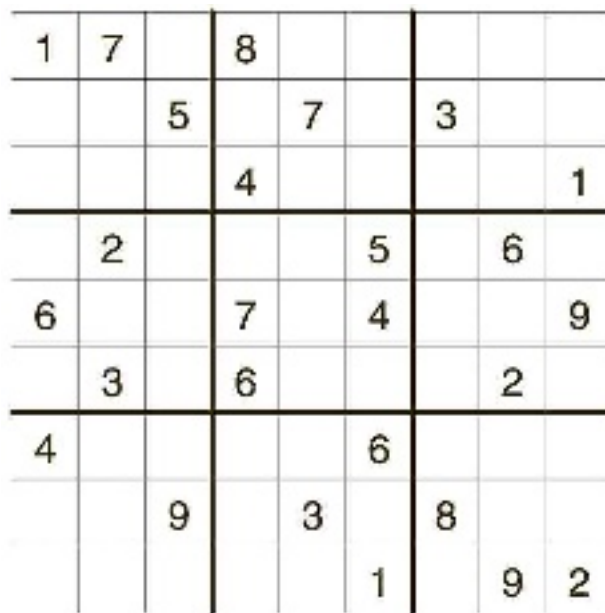


7 Luau bowlful
8 Without expression
9 Ship's windows
10 Last writes?
11 Neat
16 Wray of "King Kong"
20 Performance
21 Caboose's place
22 A Great Lake
23 Doorway curtains
24 McNally's partner
26 Mythical birds
27 Before
28 Nevada city
29 Dazzle
31 Appetizers
34 Decay
35 Japanese emperor of yore
37 Prohibit
38 5-Down's cousin
39 Head light?
40 Small combo
41 Sicilian volcano
44 Table scrap
45 Talk on and on
46 "Ugly Betty" actress Ortiz
47 Deposit

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

1	5	6	8	7	4	2	3	9
9	8	3	2	6	1	4	5	7
7	2	4	5	3	9	8	6	1
6	1	7	9	2	8	5	4	3
3	9	5	4	1	6	7	2	8
2	4	8	3	5	7	9	1	6
4	6	1	7	9	2	3	8	5
8	3	9	6	4	5	1	7	2
5	7	2	1	8	3	6	9	4

Yesterday's answer ►

Today

24°/17°
Partly cloudy

Wednesday

22°/14°
Showers
70%

The Weather Network

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Today's horoscope

♈ Aries March 21-April 20 Stop trying to control each and every situation you find yourself in and let fate take its course.

♉ Taurus April 21-May 21 Try to take things a bit easier on the work front. Slow down.

♊ Gemini May 22-June 21 Be fair in the way you deal with other people and always try to help them get the best from whatever situations you are jointly involved in.

♋ Cancer June 22-July 22 If you can remember that some people are emotional and easily hurt then

you won't go far wrong today.

♌ Leo July 23-Aug. 23 If you can get away from the daily grind you should do so.

♍ Virgo Aug. 24-Sept. 22 Go with the flow and let events work themselves out in their own way and time.

♎ Libra Sept. 23-Oct. 23 There is a new moon in your sign today, so you won't have any trouble getting what you want.

♏ Scorpio Oct. 24-Nov. 22 Don't be afraid to take advantage of a business or financial opportunity that pops up out of nowhere.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

You will be amazed how easily and you get things done today.

♑ Capricorn Dec. 22-Jan. 20

The best way to deal with your problems is to pretend they do not exist.

♒ Aquarius Jan. 21-Feb. 18

Today's new moon in Libra makes this the ideal time to clarify your life goals.

♓ Pisces Feb. 19-March 20.

What happens today will surprise you, especially if it involves someone you hardly know.

● SALLY BROMPTON

Caption contest



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**Monday, October 3rd
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CLASSES STARTING MONTHLY

Accounting and Payroll Administrator

Program Objective

The objective of this program is to train students in the practices of financial accounting and payroll in Canada. Each successful student will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems. This program also provides our students the opportunity to obtain the **Payroll Compliance Practitioner (PCP)** certification, issued by the **Canadian Payroll Association (CPA)**. The certification is nationally recognized as a standard of excellence for payroll training in Canada.

CPA endorsed!

Career Opportunities

Graduates of this program will have the opportunity to enter the workplace with the skills to perform the tasks carried out by employees within accounting departments such as Accounts Receivable, Accounts Payable, Billing, Payroll and Collections. Employers are looking for competent accounting and payroll professionals who are trained to effectively collect, record, organize and prepare financial records. An accounting background is one of the first steps into Business Management.

Accounting and Payroll subject matter includes:

- Bookkeeping & Financial Accounting—Levels 1 & 2
- Intermediate Accounting
- Computerized Accounting, Simply—Levels 1 & 2
- Computerized Accounting, AccPac—Levels 1 & 2
- QuickBooks
- Effective Business Writing
- Payroll Compliance Legislation (PCL)
- Payroll Fundamentals 1 (PF1)
- Payroll Fundamentals 2 (PF2)



Fitness and Health Promotion

Program Objective

The objective of this program is to provide the theoretical knowledge and the practical skills required to plan, market, and deliver safe and effective fitness and health services to individuals and groups in diverse settings.

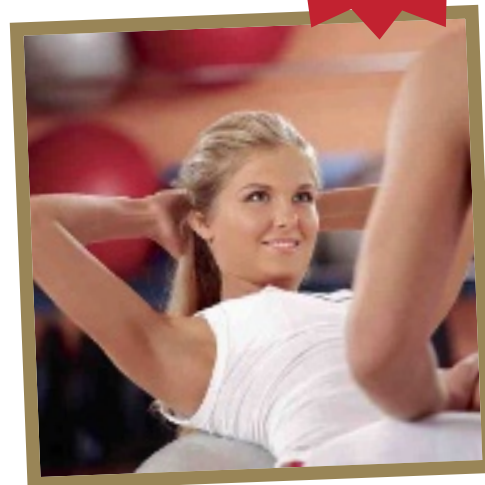
Career Opportunities

Starting your own personal training business is an option! Corporations and hotels that offer leisure and wellness programs are other options. Opportunities also abound in:

- Fitness and Health Clubs
- Retail Fitness and Sports Stores
- Municipal Recreation Centres
- Health Promotion Agencies
- Hospitals and Rehabilitation Clinics

Fitness and Health Promotion subject matter includes:

- Anatomy and Physiology
- Exercise Physiology
- Nutrition and Wellness
- Community and Civic Life
- Leisure Program Design & Management
- Group Exercise
- Fitness Assessment & Program Design
- Biomechanics & Kinesiology
- Personal Training and Programming
- The Business of Personal Training
- Advanced Exercise Techniques



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Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical office.

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Pharmacy Technician

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility. The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

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Paralegal

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The Paralegal program of Algonquin Careers Academy is **accredited** by The Law Society of Upper Canada. The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare the student to successfully challenge the LSUC licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes a 4 week co-op placement.

Travel Counsellor Online

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